

Multiple Sleep Latency Test (MSLT) and Guidelines

Availability	The instrument is freely available here: PLEASE CLICK HERE FOR MORE INFORMATION
Classification:	Supplemental
Short Description of Instrument:	<p>A Task Force of content experts was appointed by the American Academy of Sleep Medicine to perform a comprehensive review of the scientific literature and grade the evidence regarding the clinical use of the MSLT and the MWT. Practice parameters were developed based on this review and in most cases evidence based methods were used to support recommendations. When data were insufficient or inconclusive, the collective opinion of experts was used to support recommendations.</p> <p>The MSLT is indicated as part of the evaluation of patients with suspected narcolepsy to confirm the diagnosis.</p> <p>Repeat MSLT testing may be indicated in the following situations: (a) when the initial test is affected by extraneous circumstances or when appropriate study conditions were not present during initial testing, (b) when ambiguous or uninterruptable findings are present, or (c) when the patient is suspected to have narcolepsy but earlier MSLT evaluation(s) did not provide polygraphic confirmation.</p>
References:	<p>Littner MR, Kushida C, Wise M, Davila DG, Morgenthaler T, Lee-Chiong T, Hirshkowitz M, Loubé DL, Bailey D, Berry RB, Kapen S, Kramer M.</p> <p>Practice parameters for clinical use of the Multiple Sleep Latency Test and the Maintenance of Wakefulness Test. Sleep. 2005;28(1):113-121.</p>